

December 2005 YOUTH Health Bulletin

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(Health Education through Extension Leadership) Staff

Cooperative Extension Service

Here Come the Holidays!



Here come the big **HOLIDAYS!**

What are your plans?

You don't have any?

BAD IDEA!

Plan some fun stuff to do over the holidays.

Without a plan, you might get sucked into the "Holiday Ho-Hums!"



"Holiday Ho-Hums" are those sinking feelings that make you unhappy and not so easy to be around.

Holidays can be fun or they can be a challenge.

Let's make them fun!

Here are some ideas:

Do something nice for someone else!

Buying presents for everyone you would like to buy presents for is way too expensive. OK, you may have one or two special people for whom you really want to buy a present. Save your money for those one or two people. For everyone else, how about doing something for them rather than giving them a gift.

Most people get plenty of trinkets for presents. What they would really like is for someone to do a chore or task for them.



Wash someone's car for them. An even bigger present would be to wash, wax, and buff someone's car.

Cleaning out the garage, basement, or storage room is a great present. You might even team up with a friend and work on this project together.

Bake holiday cookies or goodies for someone.

Again, this might be even more fun if you team up with a friend!



Wash windows. This is a awesome present for someone. I hope someone gives me that present for Christmas



Put together a special CD or tape of music you know a person would like!

If it is a "White Christmas", **shovel someone's walkway or driveway.**



Ask an adult family member to help you **prepare food for someone in need or serve food at a homeless shelter.**



Get active!

TV is tempting, video games pull you in before you know what hit you, and lying around day-dreaming can be a waste of time and depressing.



Get up! Get out! And MOVE!

Get together with a friend and **go for a walk.** Volunteer to walk the family dog or a neighbor's dog.

If the weather is fit, **go for a bike ride.**

Get your parents to take you and some of your friends to a skating rink to **go skating—ice or roller skating!**

Dance!

- 1) Get together with some friends and **make up dances**. Maybe find a recording of a fun holiday song like "*Jingle Bell Rock*" and create a hip hop, disco, swing, or line dance. Teach each other the dances you make up.
- 2) If you find yourself stuck in the house alone, take the opportunity to put on some music and pretend you are a dancer in a music video. **Go for it!**

Create your own "Amazing Race!"

- 1) Call one or two friends and put together a game sort of like the "*Amazing Race*" seen on TV!
- 2) Make up tasks the players will do. Each task has to be something that the players do for someone else.

Tasks might include:

- a) Each team must bring back two giant trash bags of leaves they have raked from someone's yard.
- b) Each team must bring back 24 soda cans they find on the street or in yards.

c) Each team must create and perform a short play about the best holiday they've ever had.

d) You make up the rest. You can be as silly as you want. The more you laugh the better!

Assign points to the completion of each task and time the amount of time each team requires to do the task. The team with the most task points and the least time is the winner.

All players (including the creators of the game) will prepare a special meal for the winning team. Make sure this is cool with your parents.

- 3) Then call in about 6 or 8 more friends and let them draw each others name out of a hat to create teams of two.
- 4) Give each team the first task and an amount of time to get it completed.
- 5) When all teams have completed each task or given up, declare a winner!

Hey! It's the holidays!

Be good to yourself and other people!

For more information about health issues in Kentucky, visit the HEEL Web site at:

www.ca.uky.edu/HEEL

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